



CRUSE Bereavement Care – Counselling & Mental Health in **Barnstaple**

Cruse supports people after the death of someone close. They offer face-to-face, phone, email and website support; they also have services for children and young people.

Website: <http://www.cruse.org.uk>

Email: devon@cruse.org.uk

Phone: 0808 808 1677

Marie Curie – Bereavement support – Grief support – Companion over the phone

For emotional support and practical information about terminal illness, including for family and friends.

You can also call to find out more about being matched with a specially trained telephone volunteer who'll give you regular bereavement support.

Website: <https://www.mariecurie.org.uk/help/support/bereavement>

Phone: Call them free on 0800 090 2309

Sue Ryder

Online support for bereavement and grief. It can be by text, talk to a qualified counsellor via video or get support from people who understand by joining the Online Bereavement Community.

Website: [Sue Ryder's Online Bereavement Support](#) | [Sue Ryder](#)

Email: supportercare@sueryder.org

Phone: 0808 164 4572

TorrAGE

They have a range of projects to support the health and wellbeing of adults of state pension age across the **Torridge area** with, between others, information on various benefits, where to access debt management advice, support with application forms.

They also have a Help at Home support service.

Website: <https://www.torridgecvs.org.uk>

Email: enquiries@torrage.org.uk or info@ttvs.org.uk

Phone: 01237 420130



Grief and a Cuppa

A group for anyone bereaved. No matter the length of time. The group support and look out for each other. A group for the bereaved run by bereaved people, currently held in **Okehampton and Hatherleigh**. Talk about loved ones with a cuppa & cake find us on Facebook. You don't have to grieve alone.

Website: <https://www.devonconnect.org/activity/grief-and-a-cuppa1/>

Email: lucyherd@hotmail.co.uk

Phone: 07756 644480

Healing Steps

A walking group based in **Barnstaple**, specifically for people who have been widowed (husbands, wives or life partners).

The walks provide an opportunity to spend time in nature with those who understand – tears, laughter, silence or chatting are all embraced in those friendly groups.

Website: <https://www.facebook.com/groups/healingsteps/>

Email: healing.steps@yahoo.com or huw.davies@southwestcoastpath.org.uk

Phone: 07482 452046

Walk On

is a Walking Group in **North Devon** specifically for anyone going through bereavement.

They walk at various locations in North Devon, many walks are dog friendly and they usually stop somewhere for refreshments together afterwards.

You'll walk with others going through bereavement so you can come however you feel – tears, laughter, silence, chatting – you'll be embraced in the group...

Email (main walk leader): huw.davies@southwestcoastpath.org.uk

General enquiries about the walks: healing.steps@yahoo.com

Jolly Dollies

Peer support network for women who have been widowed, to help regain a social life through friendship, support and social events.

Website: <https://thejollydollies.co.uk>

You can find a local group on their website.



WAY (Widowed and Young)

They offer a peer-to-peer support network for anyone who's lost a partner before their 51st birthday – married or not, with or without children, inclusive of sexual orientation, gender, race and religion.

Website: <https://www.widowedandyoung.co.uk>

Email: fill a form on their website

Phone: 0300 201 0051 within office hours.

Ask for Jake

Their mission extends beyond short-term support; they strive to empower individuals with the tools and confidence to manage their mental health for the long term.

Address: Ask for Jake Hub is in South Street, **Braunton**.

Email: info@askforjake.org.uk.

Website: <https://askforjake.org.uk>

Good Grief Project

Helping bereaved parents and siblings to understand and manage grief as a creative and active process through workshops, courses and weekend retreats.

Website: <https://thegoodgriefproject.co.uk>

Phone: 07808 472 885

Silverline (Age UK)

Free confidential helpline providing friendship, conversation and support for older people, 24 hours a day, 7 days a week.

Website: <https://silverline.org.uk>

Phone: 0800 4 70 80 90 (free)

The Loss Foundation

The Loss Foundation provides **free, specialist bereavement support** for anyone who has lost a loved one to cancer, no matter where they live in the UK.

Website: <https://thelossfoundation.org/how-we-can-help/get-support/>



AtaLoss

Helping bereaved people find support and wellbeing.

Website: <https://www.ataloss.org>

Email: fill a form on their website

Phone: 0300 201 0051 within office hours.

CALM (Campaign Against Living Miserably)

CALM provides men with a listening ear and support, and raises awareness of the high risk of suicide among men, especially young men. However, they are there for anyone struggling with life,

Go to their website to find out all they offer.

Website: <https://thecalmzone.net>

Men's Sheds

Men's Sheds encourage people to come together to make, repair and repurpose, supporting projects in their local communities.

Improving wellbeing, reducing loneliness and combatting social isolation.

Go to their website to find where there are local men's sheds.

Website: <https://menssheds.org.uk>

Email: admin@ukmsa.org.uk

Phone: 0300 772 9626 (Monday to Friday, from 9:00am to 2:30pm)